

# Meltdown Marion County

Congratulations...in just one week, you have lost...89.8 pounds!



## Last week

We have 34 dedicated participants who have signed up to change their life. Last week, everyone received their personal calorie plans. Stick to them—they work!



## Tip of the week

Nothing quells the appetite like water, lots and lots of water. Start out with two quart bottles in the morning and carry one with you to work or wherever you go. If you like, divvy up the 64 ounces of water into eight (8-ounce) bottles or four pint (16-ounce) bottles to carry around with you all day. Freeze half of them the night before and they will last all day, even in a hot car. Keep some unfrozen so they will be ready to drink immediately.

Yes. You will have to make more frequent bathroom trips, but it is worth it. Drink your 64 ounces of water before dinner, if possible, so you're not up half the night going to the bathroom.

Water not only fills you up and lessens your appetite, it prevents those "hungry horrors" we all encounter when our blood sugar drops and we reach for cookies, candy, ice cream, fries or other high-calorie treats. Water also flushes out the system, rids the body of bloat and toxins and rosies up the complexion. Now, start splashing.



## Next week

You won't want to miss this Thursday—we will be demonstrating how to cook fish the healthy way! Yum!



### To contact us:

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Remember...those who attend 5 of the 7 programs, as well as registration and the final weigh-in, will receive a tote bag.

If you meet attendance requirements and meet your goal of 7% weight loss, (or 12 lbs. maximum), you will split the money pool with all others who did the same!

And...if you gain at your weekly weigh-in...you have to pay the pot \$1!

If Marion County Schools are cancelled or dismissed early due to inclement weather on a weigh-in day, Melt Down will be cancelled for the week.